



## **Grainger County School System Trend Report CSH Overview Summary**

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Grainger County School System.

### **CSH Infrastructure Established**

An infrastructure for CSH has been developed for the Grainger County School System that includes:

- School Health Advisory Committee
- Seven Healthy School Teams
- School Health Policies strengthened or approved including:
- Mental Health Policy, Wellness Policy (in progress), and a CSH Policy (in progress)
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$173,356.47.

Community partnerships have been formed to address school health issues. Current partners include:

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| ➤ East Tennessee Epilepsy Foundation               | ➤ Lincoln Memorial University's Doctor of Osteopathic Medicine program |
| ➤ East Tennessee Children's Hospital               | ➤ United Healthcare  |
| ➤ SafeKids   | ➤ Knoxville Comprehensive Breast Center                                |
| ➤ Heart Screens for Teens                          | ➤ Douglas-Cherokee Economic Authority (DCEA)                           |
| ➤ Colgate  | ➤ TN Road Builder's Association  |
| ➤ Western Heights Dental                           | ➤ TN Tech- Morristown  |
| ➤ Dr. Terri Stiles, Exceptional Care Chiropractic  | ➤ American Heart Association   |
| ➤ Lion's Club                                      | ➤ Regional Health Office   |
| ➤ Grainger County EMS                              | ➤ Clinch-Powell Educational Cooperative                                |
| ➤ TN National Guard                                | ➤ TNCEP  |
| ➤ Mercy Health Partners                            | ➤ UT Extension   |
| ➤ Cherokee Health Systems                          | ➤ TENNderCare  |
| ➤ Grainger County Sheriff's Department             | ➤ Florence-Critton Agency  |
| ➤ Carson-Newman College of Nursing                 | ➤ Grainger County Health Department                                    |
| ➤ Lincoln Memorial University's College of Nursing | ➤ Second Harvest Food Bank   |
|  | ➤ Grainger County Health Council                                       |

- Grainger County Schools Even Start Program
- Rutledge Medical Center
- LensCrafters at Knoxville Center Mall

### **Parent and Student Involvement Developed**

Parents are involved in numerous CSH activities. These activities include School Health Advisory Council, Healthy School Teams, Child Health Week activities, school health fairs/health days, asthma awareness day, anti-tobacco program. Currently, 15 parents are collaborating with CSH.

Students have been engaged in CSH activities. These activities include Student School Health Advisory Council, Healthy School Teams, Second Harvest Back Pack program, Peer Health Education groups, Child Health Week activities, school health fairs/health days, anti-tobacco program, Youth Leadership Grainger health activities, and SADD pre-prom alcohol/drug prevention assemblies. Approximately 733 students are partnering with CSH to address school health issues.

### **School Health Interventions**

Since CSH has been active in the Grainger County School System the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 2007-2008: 1,518 students screened with 234 referrals & 2010-2011: 1,645 students screened with 137 students referred. 4-year totals: 6,447 students screened with 952 referred to health care providers ;

Students have been seen by a school nurse and returned to class – 2007-2008: 8,164 students seen with 5,853 returned to class & 2010-2011: 22,432 students screened with 20,113 returned to class. 4-year totals: 62,955 students seen with 53,670 returned to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. Our most recent preliminary data shows: 50% of screened students are overweight or obese with 31% of screened students are obese;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include: Wii's, Dance Dance Revolution games (including projectors and dance mats), Michigan Model comprehensive health curriculum sets, Take 10! activity sets, physical education equipment, and Spark physical education curriculum;

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include Take 10! Training, Multiple Michigan Model comprehensive health curriculum training, summer wellness institute, mental health 101 training, ETCH School Nurse Conference, ETSU School Nurse training, and KOC Summer Seminar;

School faculty and staff have received support for their own well-being through fitness classes, walking clubs, Weight Watchers group, multiple Biggest Loser competitions, on-site health screenings, healthy eating/healthy lifestyle resources, health services available at school base

clinic, mental health services, on-site influenza and Hepatitis B immunizations, CPR/AED/First-Aid training, and discounted rates at a fitness club.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Michigan Model comprehensive health education classes for students, multiple peer health education classes, anti-tobacco education, dental education via multiple community partners, CAPS, STARS, On My Own, Stay on Track, DARE, Diabetes and Asthma education, Power U, Multiple health education classes via Lincoln Memorial University's D-COM students and Carson-Newman College nursing students, health education classes per Grainger County Health Department health educator, Ollie the Otter Seatbelt Safety program, Nutrition Nuggets monthly family newsletters, Relay for Life health kits, American Red Cross fire safety, poison prevention/safety program, and healthy links at webpage;
- Physical Education/Physical Activity Interventions – all schools in compliance with 90-minute law, Take 10! trainings and kits, Wii's, Dance, Dance Revolution with mats, multiple schools provide additional physical education/PA to schedules, Fuel Up & Play 60!, Jump Rope for Heart, multiple child health week walks, updated elementary playgrounds, collaborated with Douglas-Cherokee to increase physical activity in after-school program, Modern Woodmen activity kits, and "Kids Fitness" DVD's;
- Nutrition Interventions – fresh salads available daily at all schools for students and staff, Nutrition Nuggets monthly family newsletters, Registered Dietician serves as program advisor, multiple healthy eating displays, Nutrition presentation at summer school, MyPyramid and other nutrition resources available, "Test Your Fast Food Knowledge" videos, "Nutrition at Home" pamphlets to parents, MyPyramid/healthy eating parent flyers, healthy snack options to parents, multiple healthy eating links on webpage, and nutrition education per TNCEP and peer groups;
- Mental Health/Behavioral Health Interventions – mental health policy approved per Board of Education, mental health team established and continues to meet comprised of DCS, juvenile justice, community health providers, and school personnel, expanded counseling services to include part-time LCSW./psychologist at each school, mental health 101 staff training, mental health resource magnets to staff, children's mental health flyer distributed, collaborated with Douglas-Cherokee with youth empowerment grant, mental health services on-site for staff, CAPS, bullying prevention and sexting preventing videos purchased.

The school system partnered with Cherokee Health Systems to open a school base clinic in November 2010 to serve as an urgent care clinic to students, faculty, and staff members (with immediate family members, also).

In such a short time, CSH in the Grainger County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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